

Essay on the Idea of Contentment and Happiness

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Philosophic

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Happiness

The purpose of this essay is to address a key part in the Human existence that has lacked much development and discussion since the ancient days of Aristotle and has only been viewed by a few others including John Locke. As of late, the societal pursuit of Happiness has reached a vigor like no other as the crises of opioid (drug), social media, and dopamine-driven searches reek massive waves of sped-up mental stimuli to the brain to supplement this illusionary "pursuit of happiness."

Since the raising of the New Babylon, the United States of America, in its bloody glory of red, white, and blue; the broad term of "pursuit of Happiness" has been coined in the famous document of the *Declaration of Independence*:

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the *pursuit of Happiness*. [emphasis added by author]¹

In today's America, and in many nations around the world, the drilled idea of the "pursuit of Happiness," through the use of simple indoctrination of the youth, has created a false image of what Happiness truly is, and most importantly how to reach eternal Happiness. Well, given the background of the predetermined term for Happiness that many Americans hold dearly to their hearts and, in the false projection of the idea of "rightful ownership" of Happiness (something that, as will become evident later, is truly a grand deception), die for as few questions must be asked: What is Happiness? How does a given individual attain true Happiness, not the notion of being happy or having temporary happiness? Does eternal Happiness even exist?

The view given by the *Declaration of Independence* in the modern stew of our accelerated, digitalized world has molded the idea of Happiness into an objective material form rather than a Form of spiritual or mental attainment. Happiness, it appears everyone to be mistaken, needs to be found in pleasure (not spiritual ecstasy) by *physically* seeking experiences that bring around that pleasure. But if Happiness only exists in the dimensions of the spiritual and mental planes, then how can such an individual ever find Happiness in the physical plane? Just like a lost soul seeks to reunite with the Source, a misled individual may spend, and indeed many do in the current world, their whole life looking for, wishing for, and hoping for, Happiness; only to rediscover it after death in the spiritual plane.

As the modern world tumbles into ruptures of isolated "Happiness-providing" pleasure cells, the human spirit, mind, and body are torn apart in the physical search for Happiness. This separation, currently stemming from the *cellular* devices the majority of the populus seems to be so engrossed and entrapped in, is the leading cause for the destruction of the whole human being. Since I do not know by whom or what, or for what reason, the cellular device (or any such virtual and digital consul) was made, I shall not give a theory on the Anti-Christic Deceiver but

¹ *Declaration of Independence (Preamble)*, 1776.

rather state the facts. The word used to describe this entrapping consul is "cellular device." The root words of this term, given their latin and greek origins, mean a encapsulating (*cell*-ular) releasement (*de-vice*; as in to de-vice someone or something). Hence, a cellular device could be interchanged with the term "encapsulating releasement" or a similar such translation. While the issue within this essay does not focus on the compartmentalization of humans, the effects of this separation directly mislead any individual farther away from the doors that lead to Happiness. As Edgar E. Cayce stated in one of his readings;

If ye would be happy...ye must make others happy. Ye cannot know happiness unless ye experience that ye have brought happiness, hope, joy, into the experience of another.²

These words underline a fundamental path that leads to Happiness: the human to human connection and giving away of the gift of Happiness. In this interpretation, Happiness cannot be seeked out or found as majority of the populus has been misled to believe; but rather, Happiness can only be given and in the process of giving the gift of Happiness when, and only when, the gifter can attain Happiness. So, Happiness can only be "found" if the gifter of it is reciprocated for giving it, and not by the given but by themselves. Whether the way Happiness can be attained according to Edgar Cayce's reading, it is clear that Happiness exists in the plane of the mind or spirit, as Cayce exclaims to "[b]e happy—be in the attitude of ever being helpful to others. This will bring that peace within that is the promise from Him."³ As I compared a lost soul to the misled individual of the 21st century America, Happiness comes from within as the soul seeks to unite with the Source. Given the "promise from Him,"⁴ the nature of the attainment of Happiness is spiritual. For if Him (God the Source) promises that "peace within"⁵ may lead to Happiness, then Happiness is an entirely spiritual matter and cannot be found in physical pleasure or objects of the other planes or dimensions of existence. Thus, it can be stated that Happiness cannot be found in the physical plane, contrary to the modern idea of the pursuit of Happiness in physical pleasures that cellular devices, among other things, claim to provide. The deception stretches far enough to claim that everyone has a "right to have" Happiness, as provided in the Declaration of Independence.⁶ While the document of the *Declaration of Independence* does not lie, the interpretation of what is written is false. Each New Babylon (United States of America) citizen is "endowed by their Creator with certain unalienable Rights, that among these are...the pursuit of Happiness."⁷ This is fact, it is written in the document and even promised in Edgar Cayce's reading by Him. Yet the misleading of the youth results in a skewed perception of where these rights come from. The *Declaration of Independence* never stated that you are physically entitled to physical pursuit of happiness in the physical plane, but rather the spiritual "pursuit of

² Edgar E. Cayce reading #412-9

³ Edgar E. Cayce reading #1968-7

⁴ Ibid.

⁵ Ibid.

⁶ *Declaration of Independence (Preamble)*, 1776.

⁷ Ibid.

Happiness."⁸ And even this Happiness still requires a "pursuit" by the individual. Which brings us to the next topic.

How does one find Happiness? In the terms described previously, Happiness requires an individual to "pursue" it, rather than be given Happiness. This is evident in the fact that I cannot physically give an individual Happiness (as an object) if they have not tried to even step toward attaining it, from and for, themselves. But because Happiness is not an object by any means, the comparison is inadequate. So many individuals in the modern world have been misled into the idea that Happiness can be physically obtained in the form of pleasure, partly in thanks to the indoctrinational system of schooling mainly, in-part to the materialistic view of what happiness is usually linked to, that is, physical chemical reactions in the brain. But, happiness is not the chemical reactions or even a product of such physical responses to physical stimuli, Happiness is much more than that. So then, what is Happiness?

Contentment

At this point in the essay, we turn to a new model of what Happiness is and its more tangible day-to-day-life attainment. It is important to differentiate between the notion of, or the false knowledge of what Happiness is, rather than understanding the true existence of Happiness as a final result in an equation. The equation is modeled by the Contentment in one-self or other aspects that result in General Happiness.

$$\text{Contentment X} = \text{General Happiness}$$

Following this paragraph is a possible model of what Eternal Happiness may in some part be a result of:

Contentment in Righteous Human Conduct⁹	+	
Contentment in gift-giving (non-physical) of the Contentment of Happiness.	+	
Contentment in the Knowledge of the Truth.	+	
Contentment in the Synchronicities of Life	+	
Contentment in Existence.	=	Eternal Happiness

To live by and be content in such deeply spiritual levels only the purest Spiritual Masters can attain Eternal Happiness. Such individuals become so close to the One, the Source, that their soul becomes completely filled with contentment for Existence and Life, and as a result are Eternally Happy with the cosmos. What these Spiritual Masters achieve is in no way reflected in physical

⁸ Ibid.

⁹ Righteous Human Conduct is the execution of, and constant living in, a state of doing only good activities and refraining from any evil actions. Any good or righteous actions fill the soul with a contentment for the individual.

attainment of pleasure from physical but rather an *abandonment* of the physical. This idea is difficult to grasp by the masses that have been raised in the materialistic society of the "right" to the "pursuit of Happiness" or the search in the physical plan for Happiness, and even fewer individuals every reach a high enough spiritual state of inner peace and a high enough mental state of understanding to ascend into Eternal Happiness. The precarious balance between the Spiritual, Mental, and Physical body is necessary for an individual to become content with Existence. John Locke expresses his view on Happiness in similar terms.

For who is content is happy. But as soon as any new uneasiness comes in this Happiness is disturb'd, and we are set afresh on work in the pursuit of Happiness.¹⁰

In this context, John Locke talks about an individual who has gained a **Contentment X** and then loses it. Similarly as an individual may one day be content with their appearance but the next, turn away from the mirror because of a cultural filter (i.e. advertisement or commercial) they begin to believe in that destroys this contentment and makes it temporary. Since the **Contentment X** is temporary the thus obtained **General Happiness** also descends to becoming temporary. If the contentment were constant, then the Happiness would be constant. And if an individual were to be content in all aspects of their lives (i.e. in Righteous Human Conduct, in gift-giving (non-physical) of the Contentment of Happiness, in the Knowledge of the Truth, in the Synchronicities of Life, and in Existence), then they would attain Universal Constant Happiness, which is also relatable, in not identical to, Eternal Happiness. The Spiritual Masters reach such a state of universal constant contentment that they are able to reach Eternal Happiness. In juxtaposition to the ideal and perfect Spiritual Master, we have the decrepit misled individual of the modern society. In general terms, such an individual was raised to believe that they have a right to pursue Happiness and that Happiness lies in the physical world of pleasure. As they venture out in search for Happiness, they become desperate when they don't find it. Like a mad prisoner they scurry around the grey cell in a frenzy, quicker and quicker, until (1) they give up and extinguish their Life in a suicide, (2) they manage to live off of the temporary contentment of unveiled scraps that become quickly filtered by the rapidly changing societal "perfections", while feeding on these temporary contentments until they are ready to depart the world, or (3) a deep awakening happens, that begins with the spirital-self and decends into the mental-self and connects the physical-self to the mental plane where realization dawns upon the prisoner and they escape the grey cell, tearing through the walls and realising the Truth.

The Final Word

Here the essay takes a turn into darker and deeper waters, yet will resurface to readdress the main topic of Happiness. As was previously mentioned, and sadly reflected on, the current world of New Babylon (United States of America) in the 21st century has fallen to its knees, as the Book of Revelations said it would. Yet somehow I cannot find a sadness within to mourn "burning city" and the "tarnished robes." For I am content with God and his plans, I know that I have been

¹⁰ *An Essay Concerning Human Understanding*, edited by P.H. Nidditch (Oxford: Clarendon, 1990), II.xxi.59 (p. 273).

promised the ability to pursue Happiness, through contentment. So in such a state I write the Final Word to this essay. Hear, hear! Dear read. Listen to my words, for they are not without meaning. This is the current sketch of the New Babylon's societal "pursuit of Happiness." Men and Women are raised in an educational system of imposed filters, through indoctrination these filters create imprints that permanently "scar" the individual into a metaphorical "lens slider." As the individual journeys into their double digit years, they become ripe for the replacement of different filters in their "lens slider." The lenses that were instilled in the infant stay, some are replaced by other lenses, and yet many more filters are added. Take, for example, the Christopher Columbus myth.

Youth are taught about the mans accomplishments as being benefactory and non-detrimental, then in the middle of the education system, this lens is replaced with the filter that Columbus was a horrible man who began a genocide of native populations that was a nessesary sacrifice for the "lens slider" individual to live in the world they know as United States of America. Almost in all circumstances the second lens remains fixed to the individual for the rest of that life; but, rarely, this lens may become old, accidentally shatter or be replaced by yet another lens. This change can equate to the more understandable knowledge that Columbus was on a mission and that certain "facts" that are then refuted in the middle part of the education system put the whole idea of a man possibly named Christopher Columbus into question, including the very existence of such a man. For those of you who are currently reading this through an education instilled filter may be instantly reverting my words into something like "oh, the author just said the C.C. didn't exist, that is not true, where are the facts." Well, the "facts" you are looking for are of the exact same source as the "facts" that have placed the filter into your mind in the first place. While I cannot tell you for certain. I know that no records of Christopher Columbus being the name of the man who re-discovered America exist. Except the records of that name being attached to the individual many years after the supposed "discovery" of America.

Let's move onto another topic, less deviating from the C.C. myth example. The false "pursuit of Happiness" crisis, as may be suitable to call it. Many young individuals in the prime of their lives (~between 10 and 20) are stuck in a so-called system of lens attachment (school) and spend their days away from school in the natural rejection of lens attachment (education) with an item known as a cellular device. We previously explained the meaning and purpose of this encapsulating releasement.¹¹ Due to the deceptive nature of the item, many youth become entrapped in a metaphorical grey prison cell, which physically fuels them with dopamine spikes and artificially hacks their physical bodies. The devices quite literally syphon out the mental-self from the individual and into the virtual world of the grey prison cell, thus severing the connection and oneness between the body, mind, and spirit. The soul is left looking down upon the hanging body. To keep the mind further separated from the body and spirit, a program of quick lens swaps occurs continuously. As an individual goes to sleep after spending hours on their cellular device in the darkness after dusk without their parents' knowledge, and only lay to

¹¹ See p. 1 (para. 5) of this essay.

rest the cellular device around midnight, the mind reconnects with the body as the spirit travels into the astral for its nocturnal journeys. Then, in the morning, all three parts are luckily re-united. In the morning, the individual begins the application of a physical mask, vestiges, and ornaments upon their body. Afterwards they look into the mirror and say, "finally I look perfect, just how my cellular device told me to be." This moment brings temporary contentment to the mind from within that then translates to temporary Happiness in the individual. But then the truth kicks the individual into proclaiming that their efforts were fake representations of themselves (the mirror being an external representation of the internal belief in perfection), all too well the individual knew that they were trying to become physically perfect. But from without and not within. As the person seeks to be content from the physical external looks, they lose that contentment and fall back into the cycle. That individual picks up numerous other lenses throughout the day, switching out some old one and gaining new ones. No more contentment is drawn as the externally "perfect" individual becomes imperfect to the internally perfect individual. This same individual, driven by the pursuit of Happiness, looks for substitutes of contentment in sinful pleasures of the physical plane. Sex and drugs¹² spiral up from the physical-self into the mental-self and sap away at the spiritual-self. All the while the mental-self is locked into the grey prison cell. As the person comes to accept the current terms of their life, they stop trying to attain Happiness as a ultimate goal, but rather as a fleeting emotion or pleasurable stimuli of the brain. This "happiness" is generated by the artificial hacking of the physical body into releasing certain chemicals in the body that result in pleasure but not Happiness. When the modern American says to themselves that the point of life is to be happy, or to pursue happiness, that is the moment that that individual falls through into the notion of being happy or of having temporary happiness. That individual, still in the mind of attaining happiness, indulges in physical pleasures of the world. More and more of these individuals are falling through into the first option of suicide. Majority (as of right now) keep up with the running of the hamster wheel and live off of the truly rare experience of Happiness, and even fewer (myself included) awaken to the monstrosity of a lady that New Babylon is, and the understanding of what true attainment, nay! of *self-gifting* I should say, of Happiness. In this lense-replacement-based system of what the reality is for nearly all of the New Babylonian populus, my lenses have been shattered. Many still hold in place but have been replaced by clearer ones. I pray that yours may be too.

Take away the deviation in the above paragraphs, and we have the initial question of what is Happiness? Not the happiness of New Babylonian life, but true Happiness. So I provide you an answer. Happiness is the product of the Contentment with a given non-material concept. If you are internally content with yourself, you shall be Happy with yourself. If you are internally content with the synchronicities of the cosmos, you shall be Happy with the cosmos. If you are content with the physical existence of Life upon the material plane, you shall be Happy with

¹² The reader might notice that food is not mentioned. This is because of the over-encompassing term that the word "drugs" refers to. In the society this individual comes from, food is so processed and mixed up with added (and sometimes hidden) drugs, that what generally is taken as food takes on the spiritual effects of drugs. Drugs also include alcohol and similar such physical substances that have powerful effects in the spiritual plane.

existence. If you are content, and you share the extra, you shall attain Happiness. And if you are content with the knowledge and information I have given you here, you shall be Happy that you know the Truth. All of these factors that lead to being content with concept A or form B, will result in an Eternal or universal constant Happiness. Start with the simple things: minor upsets in your life and find contentment in them, and eat till you are full without gluttony and your soul will become content, peaceful, and you may attain Happiness as you gift it.